

**Hungry Mother State Park
Women's Wellness Weekend
April 24-26, 2009**

Sign up for your favorite programs or workshops at Registration on Friday. Fill your slots or skip a few sessions to kick back and relax, visit the exhibits or explore the park on your own.¹

Some of our instructors will be available for private appointments and consultations during the weekend for an extra fee. As soon as details are available we will let you know. Of course, this is optional and will be available on a reservation basis. There will also be an exhibit area Saturday that will feature some of our sponsors.

Geocaching: Learn how to participate in this international activity. If you haven't heard about it, geocaching or letterboxing is an activity where individuals and groups place hidden cache's in public places. You use a handheld GPS device to find the secret location. It's treasure hunting for the 21st century and a fantastic way to get tech-focused children, teens and adults interested in the outdoors. We'll provide the GPS units.

Camping 101: If you've never been camping before, venturing out to take advantage of this fun and low cost outing could seem intimidating. This program will teach you the basics and get you prepared for an overnight stay in the great outdoors.

Canoe/Kayak programs: Getting out in the water looks like fun, but learning to paddle and follow safety guidelines will make it worry-free! Learn from a certified instructor with canoes/kayaks, paddles, and safety equipment provided.

Hiking: How is a hike through the woods different from a walk around your neighborhood? Find out how to follow a trail, what to bring with you, and what to look for. In addition to the workshop, take advantage of the two early morning or one evening nature hikes where your guide will point out interesting natural surroundings, or stay after the program ends on Sunday for your own hiking experiences.

Nature Journaling: If you're new to hiking or want to learn to document your encounters with nature, learn all about nature journaling in this session. Even if you're not into hiking but enjoy just being in the outdoors, observing and writing about nature is therapeutic. If you already keep a journal bring your own, or choose a special new journal from a variety on sale for the weekend's events. Two levels of workshops offered (101 and 201) – for the beginner or intermediate journaler – or sign up for both.

Wildflower Walk: Late April will be a fantastic time to spot colorful wildflowers. Our knowledgeable guide will show you this spring beauty and let you in on interesting facts about the wild flowers.

History Walk: Hungry Mother State Park was constructed in the 1930s by the Civilian Conservation Corps. You won't want to miss this opportunity to visit and learn about its historic sites.

Outdoor Photography: Learn the tricks of the trade that make your nature photographs turn out the way you expect. Bring your own camera. Early or late light makes the best photographs so these workshops are offered at times outside of the regular workshops.

Natural Skin Care: Commercial products have extra ingredients that may do more harm than good. Learn to make your own, natural products. Participants will make their own products to take home. BYOB (bring your own blender) if possible.

Making Medicines from Herbs: Locally abundant herbs and plants are often the best homeopathic remedies. Participants will make and take home herbal extracts, oils, and salves.

Kitchen Herbs: Make your cooking zing by learning the basics of adding herbs to your recipes.

Outdoor Cooking: Cooking on a campfire or while you're cooking is not the same as backyard grilling. Learn the ins and outs of outdoor cooking in a dutch oven and sample some recipes.

Aroma Therapy: aro·ma·ther·a·py - noun - The use of volatile plant oils, including essential oils, for psychological and physical well-being. We all know that smells have the capacity of transporting us to other places, times and pleasant or not so pleasant memories. Participants will be able to sample different essential oils and learn what oils are recommended for different experiences.

Importance of Nutrition: Eating right can influence your mood and help the body handle stress. Learn key factors to eating right for better health and spirit.

Fly Fishing: Learn the basics of this fishing technique. Bring your own rod if you have one, or use ours. You will need a Virginia Fishing license. Buy one from your local sporting goods store or Wal-Mart in advance, or on line at <http://www.dgif.virginia.gov/licenses/>, or we'll be able to sell you a license at the park.

Yoga: You don't have to turn yourself into a pretzel to take advantage of this stress reducing form of exercise. If you've been interested in finding out more about yoga, this is your chance to learn the basics.

Get Ready, Get Set, Go!: If you aren't up for the Yoga, this program features a physical therapist to help with techniques of stretching and preparing your body for exercise.

Stress Reduction Massage: Learn the basics of giving and receiving a relaxing message.

Wine and Health: Learn about the health benefits of wine and learn more about wine making and selection from a local vintner.

Many of our programs and workshops are designed for the outdoors. Please come prepared with layered clothing and outer garments for light rain. Unless the weather is really horrible or dangerous (thunder/lightning), we will proceed as scheduled. If the weather is too bad for outdoors, we will provide optional indoor opportunities in the related theme.

Special Events:

Introduction to Virginia State Parks: Learn about state park facilities and programs. Learn how to make reservations on line.

Campfire: This is a great opportunity to meet and greet the other participants, listen to stories and music, and enjoy the consummate campfire food – s'mores.

Night Hike: Nature is different at night. Explore the sights and sounds of the outdoors as darkness falls in this hike.

Stargazing: Learn about the night sky. The dates for this weekend coincide closely with the new moon which makes the best star viewing.

Meals:

Continental Breakfasts will be provided by the Friends of Hungry Mother State Park on Saturday and Sunday.

All other meals and snacks will be prepared by renowned Hungry Mother Chef, Lisa Vacha, and her staff.

Friday Dinner Buffet: Calvados Pork Loin w/apples, raisins and brandy, plated salads, steamed vegetables, white rice, wheat rolls, dessert and beverage

Saturday Lunch Buffet: Soup, Salad and Beverage

Saturday Dinner Buffet: Mediterranean Grilled Chicken, plated salads, sautéed zucchini and yellow squash, wheat pasta, wheat rolls.

¹ We will make our best effort to include all of these planned programs and workshops for April 24-26, 2009. However, circumstances beyond our control may require last minute substitutions, especially in the event of extreme weather.